



No-Bake Lime Chiffon Pie

READY IN



140 min.

SERVINGS



8

CALORIES



213 kcal

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup condensed milk fat-free sweetened (from 14-oz can)
- ☐ 2 drops drop natural food coloring green
- ☐ 1 drop food coloring yellow
- ☐ 4 cups cool whip fat-free frozen thawed (from 12-oz container)
- ☐ 6 oz graham crackers
- ☐ 2 slices lime cut into quarters, if desired thin

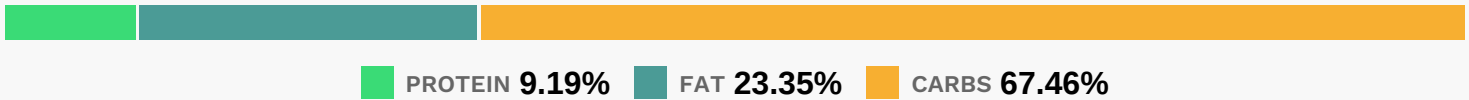
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ In 1-quart saucepan, place lime juice; sprinkle with gelatin.
- ☐ Let stand 1 minute to soften.
- ☐ Heat over medium heat about 2 minutes, stirring occasionally, until gelatin is dissolved.
- ☐ Remove from heat; cool slightly. Stir in lime peel.
- ☐ In medium bowl, mix condensed milk and food colors. Stir in lime juice mixture. Using rubber spatula, fold in all but 1/4 cup of the whipped topping.
- ☐ Spread in pie crust, smoothing top. Cover; refrigerate at least 2 hours or until firm.
- ☐ Before serving, garnish pie with remaining 1/4 cup whipped topping and lime slices.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:17.81, Inflammation Score:-2, Nutrition Score:5.1960869217696%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 213.44kcal (10.67%), Fat: 5.67g (8.73%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35.96g (13.07%), Sugar: 21.47g (23.86%), Cholesterol: 12.5mg (4.17%), Sodium: 193.58mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin B2: 0.37mg (21.57%), Phosphorus: 118.73mg (11.87%), Calcium: 113.74mg (11.37%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.12mg (8.27%), Selenium: 4.36µg (6.23%), Magnesium: 21.57mg (5.39%), Iron: 0.95mg (5.27%), Vitamin B3: 1mg (4.98%),

Folate: 19.61µg (4.9%), Zinc: 0.72mg (4.79%), Potassium: 161.56mg (4.62%), Vitamin C: 3.67mg (4.45%), Vitamin B6: 0.08mg (4.06%), Fiber: 0.93g (3.71%), Vitamin A: 121.98IU (2.44%), Copper: 0.04mg (2.05%), Vitamin B5: 0.16mg (1.58%)